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TITLE : FAT AND OIL COMPOSITION FOR LOWERING CHOLESTEROL IN BLOOD

ABSTRACT : PURPOSE: To obtain a fat and oil compound having reducing action on cholesterol in blood by blending fats and oils containing  $\alpha$ -linolenic acid, eicosapentaenoic acid and docosahexaenoic acid with an extract of tea leaf.

CONSTITUTION: Fats and oils (e.g. perilla oil or fish oil) containing at least one of  $\alpha$ -linolenic acid, eicosapentaenoic acid and docosahexaenoic acid as a fatty acid are blended with 0.01-2% based on fats and oils of crude catechin extracted from tea leaf to give the aimed substance. The fat and oil composition may be administered orally as capsule, tablet or emulsion or by injection or mixed with a salad oil, margarine, etc., and administered in the form of food. A dose is 0.5-30g per adult daily. Since the fat and oil composition has no side effects at all even by habitual use and contains a large amount of  $\omega$ -3-based fatty acids, the fat and oil composition is effective for normalizing balance of  $\omega$ -6/ $\omega$ -3-based fatty acid.

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